# Get Involved & Get Help

If you or someone you know experience any of the suicidal thoughts, feelings, or behaviors described in this pamphlet, get help.

### Call:

- Local Mental Health Crisis Lines
- Local Hospital Emergency Room
- 911 for all emergencies

### **National Crisis Lines:**

1-800-273-TALK (1-800-273-8255) 1-800-SUICIDE (1-800-784-2433)

#### **Contact:**

- Parents or an adult
- School counselor, social worker, or school nurse
- Mental health therapist
- Family physician
- Minister
- Sheriff or local police



## **Suicide Prevention Web Sites**

American Association of Suicidology www.suicidology.org

American Foundation for Suicide Prevention

www.afsp.org

Suicide Awareness Voices of Education www.save.org

Suicide Prevention Advocacy Network

www.spanusa.org

Suicide Prevention Resource Center www.sprc.org

### Statewide Resources:

Wyoming Department of Health
Mental Health Division
<a href="https://www.mhd.state.wy.us">www.mhd.state.wy.us</a>
(307) 777-7116

Local Resources:

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Mental Health Division



### Help Prevent Youth Suicide

### Wyoming's Problems

Suicide ranks as the 2nd leading cause of death for Wyoming's adolescents and young adults

One of every six high school students reported they had attempted suicide.

More Wyoming teenagers and young adults die from suicide than from cancer, heart disease, AIDS, and other medical illnesses combined.

#### **Facts About Youth Suicide**

- Suicide devastates family and friends and can lead to more suicides.
- Most suicides among youth occur in the afternoon or early evening in the youth's home.
- Young females attempt suicide more often than males, but males die by suicide more often than females.
- Signals or warning signs are given by about 80% of persons who die by suicide.
- Suicide is a permanent solution to a temporary problem.

### **Signs**

- Talking about suicide
- Feelings of hopelessness or helplessness
- Drastic mood or behavior changes
- Problems eating or sleeping
- Isolating from friends or social activities
- Lack of interest in work/school or hobbies
- Lack of interest in personal appearance
- Giving away personal possessions
- Preoccupation with death and dying
- Increasing drug or alcohol use

The key to prevention is recognizing the warning signs and knowing what to do to get help.

### **Risk Factors**

- Previous suicide attempt, depression, or mental illness
- Family member or friend who has recently died
- History of family violence or physical or sexual abuse
- Extreme stress, trauma, difficulty coping, or recent loss
- Dating violence
- Breakup with boyfriend or girlfriend
- Socially isolated, being teased or ridiculed
- Being a bully
- Easy access to lethal means, especially guns
- Impulsiveness and risk taking
- School failure, difficulties dealing with sexual orientation, or unplanned pregnancy

Keeping secrets can be deadly.

It's better to lose a friend
instead of a life

### **Ways You Can Help**

- Take suicide threats seriously and take immediate action
- Be aware of warning signs and factors
- Don't keep secrets; think of it as First Aid for Mental Health
- Be calm, not judgmental; talk directly about suicide
- Speak with care and compassion
- Encourage person to share their feelings
- Never leave a suicidal person alone; call 911 or take the person to a hospital or mental health professional
- Encourage them to voluntarily give up potentially harmful items
- Contact a reliable family member or close friend of the person
- Follow up to make sure the person is getting help



Use nonthreatening statements

"You are not alone, let me help you."